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(54) Title: DEVICE FOR ISOMETRIC/DYNAMIC EXERCISE/TRAINING/TESTING

(57) Abstract

An apparatus for isometric/dynamic exercising apparatus which includes a separate bottom plate (1), wherein a flexible harness has both ends fastened to separate points on a bottom plate (1) and extends over the shoulders (22) of a user. The harness includes means for adjusting its length, so that a user wearing the harness on his shoulders and having his feet in contact with the plate is unable to stand upright or lie completely flat, so that his legs and back muscles can be stretched while exerting a maximum stretching force. A load measuring device (70) is included in the harness. The exercise is performed by the user stretching his legs and back simultaneously, therewith applying load to the leg tensors and back tensors of the user. The work carried out during the straightening cycle performed by the user can be evaluated and the power and the total work can be determined by selection of cycle frequency and by measuring the total work time. If the harness is non-stretchable, isometric training exercises can be carried out. If the apparatus is resilient or includes a spring device, dynamic training/loading can be carried out.

